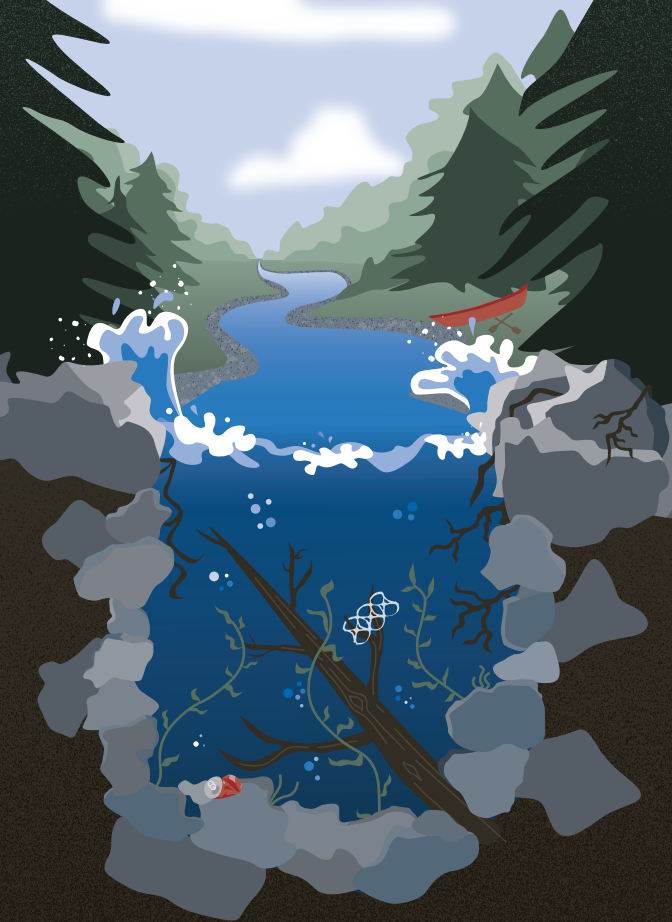


BE RIVER SMART



RIVERS HAVE MANY HIDDEN HAZARDS
THINK TWICE BEFORE GETTING CLOSE



LIFESAVING SOCIETY®

The Lifeguarding Experts

The Facts

- Nationwide, rivers are the second most common location where drownings occur.
- Riverbanks can be slippery and covered in debris, making it easy to fall into the water and difficult to climb back out.
- Even if the water appears calm, powerful undercurrents and undertows are just beneath the surface.
- Canadian rivers are cold year-round. Cold water can cause your body to go into shock, impairing your ability to move, breathe, and think clearly.

Stay Safe

- **Avoid swimming in or near moving water.** Protect yourself by wearing a lifejacket while in these environments.
- Always supervise children closely around rivers, keeping them within arm's reach at all times.
- **River ice is never safe.** Do not walk on frozen rivers.

Information sourced from *Canadian Drowning Report - 2024 Edition*.

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